

# Summer Vegetable Salad

**Makes:** 4 Servings

Help make half your plate fruits and vegetables with this Summer Vegetable Salad. Low-sodium canned vegetables are an easy addition to main dishes and salads.

## Ingredients

**1 can** low-sodium mixed vegetables (drained, about 15 ounces)  
**1/2 cup** green peppers (chopped)  
**1/4** onion (chopped)  
**1/4 cup** vegetable oil  
**1 tablespoon** water  
**1/4 cup** white sugar  
**1/2 cup** white vinegar  
**1/4 teaspoon** salt  
**1/4 teaspoon** ground pepper

## Directions

1. Mix canned vegetables, green peppers, and onion in a bowl.
2. Combine oil, water, sugar, vinegar, salt, and pepper in separate bowl.
3. Combine vegetables and liquid; mix all together.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>230</b>	
Total Fat	14 g	
Protein	3 g	
Carbohydrates	24 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	310 mg	